

Mara Briere

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Mara Briere is a Master's level Certified Family Life Educator who, after working with families for over 25 years, founded a small social service agency here in Bedford. She offers support and services to families who have loved ones with mental health diagnoses. This includes understanding how the dynamics of the family has changed, navigating unfamiliar systems, and developing a coaching paradigm wherein parents, spouses, children, and friends can acquire the skills and support needed to manage these transitions.